

DENTURE CARE

Taking Care of Your Immediate Dentures

- * Biting pressure on the denture will promote clotting and will decrease the initial flow of blood. Slight bleeding can last up to 2-3 days.
- * Use an ice compress on affected side for 20 minutes on and 20 minutes off for the first 36 hours.
- * Limit your diet to soft nurturing foods and plenty of fluids for the first week.
- * Don't take the denture out today, but rinse your mouth with warm salt water before going to bed (1 tsp salt and 1 cup warm water)
- * Starting tomorrow, carefully remove the denture twice a day and clean with a toothbrush and a low abrasive toothpaste or denture cleanser. Rinse your mouth with warm salt water.



- * Sleep with the dentures in your mouth for 1 week unless otherwise instructed. Then you should take it out when sleeping in order to relax the gum tissue.
- * Due to the gum shrinkage that occurs within the first 6 months, you may go through periods of a loose fitting denture. A temporary liner may be inserted as needed. Denture adhesives can be used during this period also.
- * Following the gum shrinkage period (approximately 6 months) a more permanent reline will be placed.
- * You may experience sore spots caused by the denture being too long or from uneven pressure being applied to the healing gum tissues. We will adjust the denture as these problems occur.



BEFORE



AFTER

Long Term Care:

- *ALWAYS rinse your dentures with inside and outside after each meal.
- *ALWAYS clean inside and out with a soft denture brush and a mild soap before putting them in your mouth in the morning and after taking them out at night.
- *ALWAYS put your dentures in water with or without denture cleanser at night. Follow cleanser instructions.
- *ALWAYS clean your dentures over a soft surface or basin of water. This will help avoid breakage if dropped.
- *ALWAYS massage your gums morning and night with soft brush or cotton gauze.
- *ALWAYS see your dentist for any denture adjustment.
- *NEVER use scouring powders or strong detergents. These may damage the dentures.
- *NEVER put dentures in hot water.
- *NEVER let dentures dry out.
- *NEVER use adhesives unless advised to do so by your dentist.